



Path to *Better Sleep*

Fact Sheet

Insufficient Sleep Syndrome

OVERVIEW

Do you find that you have little or no difficulty falling and staying asleep but you just don't get to sleep for long enough to feel rested because of your job, school, or other schedule? If so, do you feel extremely sleepy at times or nod off during the day? You may also feel cranky, distractible, uncoordinated, fatigued, and less motivated to get your work or other tasks done.

This is a common problem in our busy world when work, home, and school demands are high requiring us to stay up late and or get up early. There's a name for it, Insufficient Sleep Syndrome. Most people need between 7-9 hours of sleep per night to feel rested. Some "short sleepers" genuinely need less and "long sleepers" need more. People with Insufficient Sleep Syndrome find they feel rested and that the daytime sleepiness goes away when they are able to sleep as long as they need without the limits imposed by their usual daily schedule- think vacation.

Keep in mind that symptoms of daytime sleepiness can be caused by other sleep problems, medications or drugs, and medical or mental problems.